

## Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Dr. J. C. Fletcher* and has borne the signature of his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

### What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

*Dr. J. C. Fletcher*

In Use For Over 30 Years  
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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## JINGLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues  
Official Health Bulletin  
on Influenza.

### LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in  
Origin—Germ Still Unknown—Peo-  
ple Should Guard Against "Droplet  
Infection"—Surgeon General Blue  
Makes Authoritative Statement.

Washington, D. C.—(Special.)—Al-  
though King Alfonso of Spain was  
one of the victims of the influenza epi-  
demic in 1889 and again this summer,  
Spanish authorities repudiate any  
claim to influenza as a "Spanish" dis-  
ease. If the people of this country do  
not take care the epidemic will be-  
come so widespread throughout the  
United States that soon we shall hear  
the disease called "American" influ-  
enza.

In response to a request for definite  
information concerning Spanish influ-  
enza, Surgeon General Rupert Blue of  
the U. S. Public Health Service has  
authorized the following official inter-  
view:

What is Spanish influenza? Is it  
something new? Does it come from  
Spain?

"The disease now occurring in this  
country and called 'Spanish Influenza'  
resembles a very contagious kind of  
'cold,' accompanied by fever, pains

### Coughs and Sneezes Spread Diseases



In the head, eyes, ears, back or other  
parts of the body and a feeling of se-  
vere sickness. In most of the cases the  
symptoms disappear after three or four  
days, the patient then rapidly recover-  
ing. Some of the patients, however,  
develop pneumonia, or inflammation  
of the ear, or meningitis, and many of  
these complicated cases die. Whether  
this so-called 'Spanish' influenza is  
identical with the epidemics of influ-  
enza of earlier years is not yet known.

"Epidemics of influenza have visited  
this country since 1647. It is interest-  
ing to know that this first epidemic  
was brought here from Valencia,  
Spain. Since that time there have  
been numerous epidemics of the dis-  
ease. In 1889 and 1890 an epidemic  
of influenza, starting somewhere in the  
Orient, spread first to Russia and  
thence over practically the entire civ-  
ilized world. Three years later there  
was another flare-up of the disease.  
Both times the epidemic spread wide-  
ly over the United States.

"Although the present epidemic is  
called 'Spanish Influenza,' there is no  
reason to believe that it originated in  
Spain. Some writers who have studied  
the question believe that the epidemic  
came from the Orient and they call at-  
tention to the fact that the Germans  
mentioned the disease as occurring along  
the eastern front in the summer and  
fall of 1917."

How can "Spanish Influenza" be rec-  
ognized?

"There is as yet no certain way in  
which a single case of 'Spanish influ-  
enza' can be recognized. On the other  
hand, recognition is easy where  
there is a group of cases, who contrast  
to the outbreaks of ordinary coughs  
and colds, which usually occur in the  
cold months, epidemics of influenza  
may occur at any season of the year.  
Thus the present epidemic raged most  
intensely in Europe in May, June and  
July. Moreover, in the case of ordi-  
nary colds, the general symptoms  
(fever, pain, depression) are by no  
means as severe or as sudden in their  
onset as they are in influenza. Final-  
ly, ordinary colds do not spread  
through the community so rapidly or  
so extensively as does influenza.

"In most cases a person taken sick  
with influenza feels sick rather sud-  
denly. He feels weak, has pains in the  
eyes, ears, head or back, and may be  
sore all over. Many patients feel  
dizzy, some vomit. Most of the pa-  
tients complain of feeling chilly, and  
with this comes a fever in which the  
temperature rises to 100 to 104. In  
most cases the pulse remains relative-  
ly slow.

"In appearance one is struck by the  
fact that the patient looks sick. His  
eyes and the inner side of his eyelids  
may be slightly 'bloodshot,' or 'con-  
gested,' as the doctors say. There  
may be running from the nose, or  
there may be some cough. These signs  
of a cold may not be marked; never-  
theless the patient looks and feels very  
sick.

"In addition to the appearance and  
the symptoms as already described,  
examination of the patient's blood may  
aid the physician in recognizing 'Span-  
ish influenza,' for it has been found

that in this disease the number of  
white corpuscles shows little or no in-  
crease above the normal. It is possi-  
ble that the laboratory investigations  
now being made through the National  
Research Council and the United  
States Hygienic Laboratory will fur-  
nish a more certain way in which in-  
dividual cases of this disease can be  
recognized."

What is the course of the disease?  
Do people die of it?

"Ordinarily, the fever lasts from  
three to four days and the patient re-  
covers. But while the proportion of  
deaths in the present epidemic has  
generally been low, in some places the  
outbreak has been severe and deaths  
have been numerous. When death oc-  
curs it is usually the result of a com-  
plication."

What causes the disease and how is  
it spread?

"Bacteriologists who have studied in-  
fluenza epidemics in the past have  
found in many of the cases a very  
small rod-shaped germ called after its  
discoverer, Pfeiffer's bacillus. In other  
cases of apparently the same kind of  
disease there were found pneumococci,  
the germs of lobar pneumonia. Still  
others have been caused by strepto-  
cocci, and by others germs with long  
names."

"No matter what particular kind of  
germ causes the epidemic, it is now  
believed that influenza is always  
spread from person to person, the  
germs being carried with the air along  
with the very small droplets of mucus,  
expelled by coughing or sneezing,  
forceful talking, and the like by one  
who already has the germs of the dis-  
ease. They may also be carried about  
in the air in the form of dust coming  
from dried mucus, from coughing and  
sneezing, or from careless people who  
spit on the floor and on the sidewalk.  
As in most other catching diseases, a  
person who has only a mild attack of  
the disease himself may give a very  
severe attack to others."

What should be done by those who  
catch the disease?

"It is very important that every per-  
son who becomes sick with influ-  
enza should go home at once and go to bed.  
This will help keep away dangerous  
complications and will, at the same  
time, keep the patient from scattering  
the disease far and wide. It is high-  
ly desirable that no one be allowed to  
sleep in the same room with the pa-  
tient. In fact, no one but the nurse  
should be allowed in the room."

"If there is cough and sputum or  
running of the eyes and nose, care  
should be taken that all such dis-  
charges are collected on bits of gauze  
or rag or paper napkins and burned.  
If the patient complains of fever and  
headache, he should be given water to  
drink, a cold compress to the forehead  
and a light sponge. Only such medi-  
cine should be given as is prescribed  
by the doctor. It is foolish to ask the  
druggist to prescribe and may be dan-  
gerous to take the so-called 'safe, sure  
and harmless' remedies advertised by  
patent medicine manufacturers."

"If the patient is so situated that he  
can be attended only by some one who  
must also look after others in the fam-  
ily, it is advisable that such attendant  
wear a wrapper, apron or gown over  
the ordinary house clothes while in the  
sick room and slip this off when leav-  
ing to look after the others."

"Nurses and attendants will do well  
to guard against breathing in danger-  
ous disease germs by wearing a simple  
fold of gauze or mask while near the  
patient."

Will a person who has had influenza  
before catch the disease again?

"It is well known that an attack of  
measles or scarlet fever or smallpox  
usually protects a person against an-  
other attack of the same disease. This  
appears not to be true of 'Spanish in-  
fluenza.' According to newspaper re-  
ports the King of Spain suffered an  
attack of influenza during the epi-  
demic thirty years ago, and was again  
stricken during the recent outbreak in  
Spain."

How can one guard against influ-  
enza?

"In guarding against disease of all  
kinds, it is important that the body be  
kept strong and able to fight off dis-  
ease germs. This can be done by hav-  
ing a proper proportion of work, play  
and rest, by keeping the body well  
clothed, and by eating sufficient whole-  
some and properly selected food. In  
connection with diet, it is well to re-  
member that milk is one of the best  
all-around foods obtainable for adults  
as well as children. So far as a dis-  
ease like influenza is concerned, health  
authorities everywhere recognize the  
very close relation between its spread  
and overcrowded homes. While it is  
not always possible, especially in  
times like the present, to avoid such  
overcrowding, people should consider  
the health danger and make every  
effort to reduce the home overcrowd-  
ing to a minimum. The value of fresh  
air through open windows cannot be  
over emphasized."

"When crowding is unavoidable, as  
in street cars, care should be taken to  
keep the face so turned as not to in-  
hale directly the air breathed out by  
another person."

"It is especially important to be-  
ware of the person who coughs or  
sneezes without covering his mouth  
and nose. It also follows that one  
should keep out of crowds and stuffy  
places as much as possible, keep  
homes, offices and workshops well  
aired, spend some time out of doors  
each day, walk to work if at all prac-  
ticable—in short, make every possible  
effort to breathe as much pure air as  
possible."

"In all health matters follow the ad-  
vice of your doctor and obey the regu-  
lations of your local and state health  
officers."

"Cover up each cough and sneeze,  
if you don't you'll spread disease."

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| 4 good Brood Mares,         | 2 three year old mules, |
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| Some old corn,              | Corn in field,          |
| About 400 bales Hay,        | 1 two-horse Wagon,      |
| 1 Mowing Machine,           | 1 Cultivator, and Rake. |
| 1 Disc Harrow,              | 1 Section Harrow,       |

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